



HEALTHY FEET ARE OUR TOP PRIORITY

Newsletter

Spring 2019

Our Offices

**Peachtree Dunwoody
Medical Center**
5505 Peachtree
Dunwoody Rd.
Atlanta, GA 30342-1705
404-843-0090

Office Hours

Mon: 8:00am - 4:30pm
Tue: 7:30am - 4:30pm
Wed: 8:00am - 4:30pm
Thu: 7:30am - 4:30pm
Fri: 8:00am - 4:30pm

Chamblee

5553 Peachtree Rd,
Suite 105,
Chamblee, GA 30341

Office Hours

Mon: 8:00am - 12:00pm
Fri: 12:00pm - 4:00pm

Fungus

Many people don't realize they have a *fungal nail* problem and, therefore, don't seek treatment. Yet, fungal toenail infections are a common foot health problem and can persist for years without ever causing pain. The disease, characterized by a change in a toenail's color, is often considered nothing more than a mere blemish. Left untreated, however, it can present serious problems.



Also referred to as *onychomycosis*, fungal nails are infections underneath the surface of the nail, which may also penetrate the nail. Fungal nail infections affect the connection of the nail to the skin, which ultimately can lead to difficulty and pain when walking or running. Symptoms may include discoloration, brittleness, loosening, thickening, or crumbling of the nail.

A group of fungi, called *dermophytes*, easily attack the nail and thrive on keratin, the nail's protein substance. Other possible invaders are yeasts and saprophytic molds. In many cases, when these tiny organisms take hold, the nail may become thicker, yellowish-brown, or darker in color, and foul smelling. Debris may collect beneath the nail plate, and the infection is capable of spreading to other toenails, the skin, or even the fingernails.

Nail bed injury may make the nail more susceptible to all types of infection, including fungal infection. Those who suffer chronic diseases, such as diabetes, circulatory problems, or immune-deficiency conditions, are especially prone to fungal nails. Other contributory factors may be a history of Athlete's Foot or excessive perspiration.

You can prevent fungal nail infections by taking these simple precautions:

- Exercise proper hygiene and regularly inspect your feet and toes.
- Keep your feet clean and dry.
- Wear shower shoes in public facilities whenever possible.
- Clip nails straight across so that the nail does not extend beyond the tip of the toe.
- Use a quality foot powder in conjunction with shoes that fit well and are made of materials that breathe.
- Use a UV light sterilizer for your shoes such as the Steri-shoe and let shoes dry thoroughly between uses.
- Wear a clean pair of socks each day. Socks absorb moisture and prevent chafing.
- Disinfect home pedicure tools and don't apply polish to nails suspected of infection.

Treatment for fungal nail infections:

Depending on the type of infection you have, over-the-counter liquid antifungal agents often do not kill a fungal infection. A topical or oral medication may be prescribed, and the diseased nail matter and debris removed in a process called *debridement*. In severe cases, surgical treatment may be used to remove the infected nail. Permanent removal of a chronically painful nail, which has not responded to any other treatment, permits the fungal infection to be cured and prevents the return of a deformed nail.

A better option for many types of fungus is our robotic MLS laser. This is a painless, effective, and safe way to kill that nail fungus. There are no worries about interactions with your medications or systemic effects on your liver or other organs.

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History FootNote

Jennifer Amyx was only 5 years old – the youngest marathon competitor on record – when she finished the Johnstown YMCA Marathon in Pennsylvania in 1975.

Celebrity Foot Focus

Meghan Markle, trendsetting Duchess of Sussex, has fans scrambling for her favorite eco-friendly Veja trainers, currently selling for £115 (about \$152).

Find Us On Facebook



....continued from page 1 Fungus

At Northside Podiatry we treat your toenails by filing down any overly thick areas and then our laser painlessly zaps the fungus through the nails. The treatment is done once a month for 6 months if the infection is new, or for a full year if the problem extends back to the root of the nails. The sooner you start the treatment, the better. If you aren't sure if that discolored area is fungus, come in and we will clip a small piece to have it tested first. Laser treatment is not covered by health insurances, so we have a program to make it available for a very reasonable fee. This method is more effective at curing the fungus than those high priced prescription paints and safer than the pills. So call us today at 404-843-0090 to schedule an evaluation of those ugly toenails.

Focus on Preventing Injuries During April's Youth Sports Safety Month

Many young athletes play through games or practices while suffering from an injury. Some are encouraged to do so by coaches or even parents. But is this heroism or just poor judgment?

We do not recommend playing through the pain of a sports-related injury, especially if the player is a teen or child. Putting performance pressure on an injured foot or ankle may cause even more damage that may require a longer recovery period or even end an athletic career.



If the injury is a stress fracture, that may aggravate into a full fracture. Plus, because your body will subconsciously compensate for and protect the injured part, you may injure yourself in another spot.

How to Prevent Youth Sports Injuries

- Make sure that your child's coaches are trained in their sport and that they know first aid and CPR.
- Equip your child appropriately for each sport, especially footwear and cleats.
- Teach your child about the importance of pre-practice warm-ups and stretching, as well as cool-downs and post-activity stretches.
- Reduce the chance of injury by asking the coach for specific exercises that can build up your child's weak areas.
- Keep exposed skin protected with sunscreen to reduce the chance of sunburn and skin damage.
- Keep your child well-hydrated during and after activities with water and appropriate sports drinks.

Learn more about sport-specific safety tips at this American Orthopaedic Society for Sports Medicine website.

Coach Your Child to Report an Injury Right Away

Sit your young athlete down for a serious talk about healthy sports activities. Explain the limitations of their bodies and how important it is to speak up to you or their coach if they become injured, especially in competitions. Be clear that their health must come first rather than scoring a goal or a run, and that it's okay to support the team from the bench until medically cleared to return to the action.

Watch for any complaint of foot pain or injury, or if you notice that your child is walking with an unusual gait. Bring him or her in right away for careful diagnosis and appropriate treatment. Until you are able to get to our office, use the **R.I.C.E.** method for temporary treatment: **Rest**, apply **Ice**, use **Compression** with an elastic bandage and **Elevate** the leg.

Foot Funnies



Sign in a podiatrist office: “Time wounds all heels.”

Trivia

Which sport causes the most head injuries?

- A. Football
- B. Cycling
- C. Baseball
- D. Soccer

Answer: B. Cycling

Explanation:

Bicycling causes the most head injuries from sports or recreation, causing nearly 85,000 visits to U.S. emergency rooms in 2009. Most sports-related deaths are the result of head injuries.

Experts say that 85% of cycling-related head injuries could be prevented with correct use of helmets.

Take Good Care of Your Orthotics and They Will Take Good Care of You

Your custom-fitted orthotics as prescribed by your foot doctor are doing a good job of taking care of your feet and keeping you comfortable.

To keep them in good shape and make them last as long as possible, here are our top tips on caring for your orthotics:



- Remove your orthotics from your shoes at the end of each day to let them air out overnight.
- If your vinyl-topped orthotics need cleaning, scrub them gently using a mild soap and water solution. Rinse and place them in a good spot to dry – not in a clothes dryer. Leather-topped covers should not be washed.
- Don't use chemical solvents or other agents for cleaning.
- Never use a dishwasher or clothes washing machine to clean orthotics. Wear them only in the footwear that they were designed to be worn in to keep them in the proper form and shape.
- Exposure to sun or heat can damage orthotics. Never leave them in the trunk of your car or on the dash.

Please come visit us if you experience significant weight gain or loss, or an injury, so we can reassess your orthotics.

Recipe of the Month Chickpea Waldorf Salad

This simple chickpea Waldorf salad takes a lighter approach and offers a wonderful balance of sweet and savory with the perfect amount of crunch in every bite!

Ingredients

- 1/2 cup plain full-fat yogurt
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon freshly ground black pepper
- 1 (14-ounce) can chickpeas, drained and rinsed
- 2 ribs celery, finely chopped
- 1 medium apple, chopped into 1/4-inch chunks
- 1 cup red grapes
- 1/2 cup diced red onion
- 1/4 cup chopped parsley
- 1/2 cup walnuts, roughly chopped
- 4 cups fresh spinach



Instructions

Prepare the yogurt dressing by combining the yogurt, apple cider vinegar, mustard, honey, salt, crushed red pepper flakes, and pepper in a bowl. Whisk until well-combined.

Combine chickpeas, celery, apple, grapes, onion, parsley, and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Refrigerate for about 30 minutes before serving, or up to 5 days.

Serve salad over fresh spinach. Serves 4.

Recipe courtesy of Andrea Bemis

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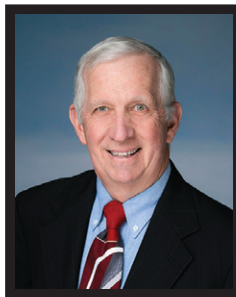
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Meet our Doctors



Heather Hall Morse
DPM, FACFAS



Charles F. Fenton III
DPM, JD



Raymond J. Noonan, Jr
DPM



Abigail Skov,
DPM

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